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**FUTURE HEAD  
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News worth sharing.

# Now it's all up to the feds

- Province, HRM conclude weeks of convention-centre talks
- A great day for HRM, Nova Scotia: Estabrooks
- Council votes 18-5 in favour of funding arrangement

The proposed convention centre passed another significant hurdle yesterday, with the province and the municipality agreeing on a funding arrangement.

The final hurdle is the \$46 million requested from the federal government.

Transportation and Infrastructure Renewal Minister Bill Estabrooks remains confident Ottawa come through.

"Let's be positive: they're going to join this because they know how important it is to our region," Estabrooks said yesterday at a press conference to reveal the deal between HRM and the province.

"With this agreement today ... there will be intense discussions as of (yesterday) morning, until we get a conclusion to that question," added Mayor Peter Kelly.

The province will now take over as chief negotiator with the federal government. Estabrooks sent a formal request yesterday morning to Infrastructure Minister Chuck Strahl and to Peter MacKay, the minister responsible for Atlantic Canada.

Metro Halifax has learned the provincial government is applying for funding under

**"Minister MacKay understands the importance of the convention centre initiative for Halifax and our province."**

ANDREA MACDONALD, ASSISTANT TO PETER MACKAY

the Building Canada Plan.

Cathy MacIsaac, spokeswoman for Estabrooks' department, confirmed there is more than \$46 million remaining in Nova Scotia's share of that fund but could not confirm the province has applied under it.

"There is sufficient funding remaining in the Nova Scotia allocation to cover the federal contribution, but I can't really say anything further at this time while negotiations are underway," she said, adding there's "a little bit more" than \$46 million remaining in the fund.

The federal government would not need the approval of the House of Commons to allocate the remaining funding, meaning the province has one month to negotiate the deal. ● ALEX BOUTILIER



► Mayor Peter Kelly, left, and Infrastructure Renewal Minister Bill Estabrooks mingle after announcing an agreement between HRM and the province on the proposed convention centre.

## Tories back gas project

PM says feds will put \$18.1M into Quebec pipeline {page 11}

## This should be fun, right?

Getting to the bottom of the holiday stress spiral {page 16}



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See O'Regan's Dartmouth Hyundai for details.



# Funding deal a 'unified pitch': Kelly

The funding arrangement for the proposed convention centre represents a "unified pitch" from the province and HRM, according to Mayor Peter Kelly.

Under the arrangement, both the province and municipality would contribute \$56 million toward construction costs, with any capital cost overruns being absorbed by developer Joe Ramia.

Property taxes would be treated as a shared cost be-

## Public support

Two polls on public support for the proposed convention centre were released yesterday.

- One, from Corporate Research Associates, found 56 per cent of respondents in HRM support the project,

tween the two governments, using the current facility's assessment (\$1.1

while 32 per cent oppose it. The poll surveyed 402 people with a 4.9 per cent margin of error.

- The second poll, conducted by Save the View, found 86 per cent of shoppers at the Young Street Superstore opposed public funding of the project. The poll surveyed 111 residents.

million) to determine the proposed one's value.

The lease on the conven-

tion centre portion of Ramia's \$500-million complex will be for 25 years, with an option for two five-year extensions, an option to negotiate its purchase in 22 years, as well as an option to buy it for \$1 in 30.

The province and the municipality will be equal partners in the facility's operations, and be jointly responsible to top up any operational deficits.

Mayor Peter Kelly assured reporters yesterday

that Trade Centre Ltd.'s new board, with 50 per cent representation from HRM and 50 per cent from the province, will keep a close eye on operations.

The province will attempt to sell the current trade centre facility at book value (\$12.8 million). If the facility isn't sold when the new centre opens in 2014, the municipality will purchase the building.

● ALEX BOUTILIER

# Smith denies potential sale of Herd to Crosby

## Majority owner not looking to sell

Bobby Smith was quick to dismiss a newspaper report yesterday that stated Pittsburgh Penguins superstar Sidney Crosby "might be interested in buying" the Halifax Mooseheads.

Smith, the Mooseheads' majority owner since 2003 and head coach since late October, said there is no substance to an Ottawa Sun report that indicated the 23-year-old Cole Harbour native would buy his hometown junior team and put his father, Troy, in charge of it.

"Somebody's fantasizing," Smith said with a smile after a team practice yesterday. "I have not heard from any NHL superstars or anybody else interested in buying the team — and I'm not interested in selling it."

The report offered no source and described it as a "rumour" that was "making the rounds in Halifax."

Smith said if it was a rumour, he hadn't heard about it until after the season ran.



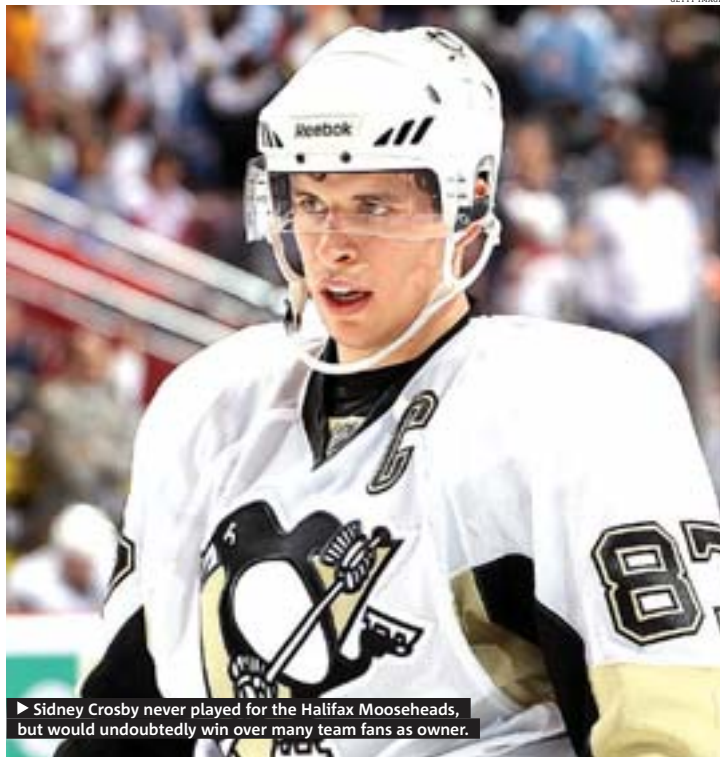
**"I just say, 'It's not for sale,' because I know what happens. If I say, 'Just curious, what price range are you guys thinking of?' now all of a sudden I'm negotiating. The farthest I've gotten with anybody is, 'Thanks, not interested.'"**

BOBBY SMITH, ON HOW HE FIELDS INQUIRIES FROM POTENTIAL BUYERS

"That's what you do, you start one and then you say, 'They're out there,'" Smith said.

The Mooseheads, 10-23-0-1, are 16th among 18 teams following back-to-back last-place finishes. Attendance is down by about 2,000 per game since 2007-08.

● MATTHEW WUEST



► Sidney Crosby never played for the Halifax Mooseheads, but would undoubtedly win over many team fans as owner.

1 news



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What can investors expect in 2011? Kindness, says Allan Small. More at metronews.ca.

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HALIFAX REGIONAL MUNICIPALITY

Wet. And windy



▶ A pedestrian walks down Hollis Street yesterday on a windy afternoon.

RYAN TAPLIN/METRO

Storm expected to stick around

A major low-pressure system brought strong winds and rain to the province yesterday and the storm is expected to continue to hit the area again today.

# Council mulls budget cuts

- ▶ HRM gets nine per cent of revenue from other levels of government
- ▶ Saved \$3.6 million in snow clearing because of mild winter last year

Compared to cutting \$35.5 million last time, \$13.9 million should be a breeze.

Halifax regional council started three days of budget presentations and debate yesterday with a pep talk by Wayne Anstey, acting chief administrative officer.

"It's a challenge ... there will be some hard decisions to make but it's not the end of the world."

He said the \$13.9-million shortfall in 2011-12 represents only two per cent of the budget.

Cathie O'Toole, director

of finance, suggested the municipality live within its means and not start any new services unless it can pay for them.

She said they can make up the shortfall by saving \$3.5 million in staff vacancies, \$3 million in service reductions, and a \$6.5-million reduction in operational funding. There will be no increase in property taxes — assessments are capped at 2.9 per cent.

But some people — like those who recently bought a house for example — will



**"I want to talk about the structure of the organization and effect some changes within it."**

COUN. JACKIE BARKHOUSE ON LOOKING AT THE MANAGEMENT LEVEL OF THE ADMINISTRATION

pay more than the 2.9 per cent. Coun. Jackie Bark-

house suggested administration may be management heavy and Mayor Peter Kelly said possible job reductions can be addressed by council in a private meeting this morning.

Coun. Gloria McCluskey was fired up about combining Destination Halifax and Greater Halifax Partnership into one entity.

She went so far as to make a motion, but backed off and decided to wait for a report coming to council in late January.

▶ JENNIFER TAPLIN

## Sentence in cross burning today

One of two men found guilty of inciting hatred after a cross was burned on the front lawn of an interracial couple near Windsor nine months ago learns his fate today.

Justin Rehberg, 20, was found guilty of inciting hatred on Nov. 5 with sentence

ing set for Windsor provincial court at 11 a.m.

Rehberg is also being sentenced for criminal harassment, which he had previously pleaded guilty to.

Shayne Howe, who is black, and Michelle Lyon, who is white, saw a cross

burning on their property in Poplar Grove, Hants Co., just after midnight on Feb. 21.

The inciting conviction carries a maximum penalty of two years in prison and the harassment conviction up to 10 years.

▶ METRO

### STREET PARKING

## Ban in effect as of now

Agree or disagree, it's now upon us.

The much-talked-about and highly debated overnight winter parking ban goes into effect tonight, meaning any vehicle left on the street in the urban core between 1 a.m. to 7 a.m.

is subject to a \$50 ticket.

The fine jumps to \$82.96 if the ticket isn't paid within 60 days.

Police are warning there will be no free passes when it comes to the ban — even though there's no snow on the ground and we've been enjoying some milder weather recently.

More than 11,000 overnight winter parking ban tickets were issued in HRM last year, bringing in revenue of about \$553,000.

▶ METRO

## Busy weekend for Mounties

Halifax RCMP say they dealt with 14 separate incidents involving impaired drivers over the weekend, most during police conducted checkpoints.

"For a weekend, I'd say that's high," said Cpl. Scott MacRae. "As a police agency, we're definitely concerned."

In one instance, police say a 28-year-old attempted to avoid a checkpoint on Highway 7 and was subsequently stopped for being impaired behind the wheel.

Another incident al-

**51 People charged by the HRP — including 42 men and nine women — with impaired driving offences in November.**

legedly saw a 23-year-old male driver hit the concrete median on Highway 101 near Sackville. Police say that driver was also impaired.

Halifax Regional Police made six impaired driving arrests over the weekend — which they call a normal figure.

▶ PHILIP CROUCHER

### News in brief

## More charges for North River man

**MURDER.** RCMP have laid additional charges in three deaths, including one of a former biker gang member.

Police say Curtis Lynds of North River is charged with first-degree murder in the deaths of Nancy Christensen and Barry Kirk Mersereau, who were found dead in their home in Centre Burlington on Sept. 10, 2000.

The 34-year-old Lynds is also charged with being an accessory after the fact to murder in the slaying of Randy Mersereau, a former Hells Angel who went missing in October 1999.

## MacIntosh says he's innocent

**TRIAL.** Ernest Fenwick MacIntosh has denied sex-related charges against him in testimony at his

trial. The former businessman faces a total of 10 counts of indecent assault and gross indecency involving three young males in the 1970s.

## Driver ticketed in accident

**DARTMOUTH.** Police say the driver of a van that hit an 11-year-old boy two weeks ago on Irving Street has been handed two summary offence tickets. Const. Brian Palmeter said yesterday the boy remains in hospital, although he had no details about his injuries. A 49-year-old North Preston man was given tickets for leaving the scene of an accident and failing to render reasonable assistance to a person injured in an accident. **THE CANADIAN PRESS**

## Teens arrested over damages

**SACKVILLE.** Police arrested three teens after three construction vehicles were damaged on the new Highway 101 overpass at Exit 2A in Sackville.

▶ METRO



▶ Justin Rehberg

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## It's worth a talk.



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# Natives say census changes unconstitutional

► Aboriginal group asking to reinstate long-form census or add aboriginal ancestry into short-form census

The federal government's decision to scrap the long-form census constitutes a violation of Charter of Rights and Freedoms, a lawyer representing a coalition of Atlantic aboriginals told Federal Court yesterday.

Anne Smith said the shorter replacement for the mandatory, long-form census — the voluntary national household survey — will produce skewed data.

"It's not a representative survey if it's not mandatory," Smith told the court.

As a result, it will be difficult for the government to discharge its constitutional duties to Aboriginal Peoples, she said.

The lawyer said about 98 per cent of the long forms

are filled out and returned, but only about 40 to 50 per cent of voluntary surveys are ever returned.

She said the data resulting from a smaller sample size could prompt the government to conclude that services are no longer required for aboriginal people.

"If you're not counted, then no one is accountable to you," Smith told Judge Russel Zinn.

"How can the government honour its duties to people ... if they don't know they exist?"

However, the judge questioned whether there would be any adverse effect on aboriginals if he allowed the voluntary, short-form survey to go ahead.

## Consultation

Anne Smith went on to suggest that aboriginals enjoy a special relationship with the federal government through a concept known as the honour of the Crown. That concept means the government has a duty to consult when implementing legal changes that could affect native peoples, she said.

"I just don't see the prejudice," Zinn said, adding that he could order the government to use the mandatory, long-form next year. "I don't see why the court should stop them from doing it."

THE CANADIAN PRESS

## Got the moves? Get in the Games

If you got the moves, the Halifax 2011 Canada Games Host Society wants to see them.

Auditions will be held on Friday, Jan. 7 at the Canada Games Centre at 3:30 p.m. for the 60 volun-

teer dancer positions to perform in the event's opening ceremonies on Feb. 11 at the Halifax Metro Centre.

A release issued yesterday by the Games Host Society says all roles will be

cast the same evening with rehearsals beginning Jan. 8.

Dancer must be at least 15 years of age, have a strong background in jazz dance and be available for all rehearsals. ● METRO

## In Awe



► Students at École Beaubassin get a close look at a Canada Games torch in the school's gym yesterday.

RYAN TAPLIN/METRO

## Games torch touches down in HRM

Students at several schools around HRM are getting a chance to see the torch in the months leading up to the Games in Halifax this February.

## Group calls for review in '09 Truro jail death

A Nova Scotia aboriginal organization is calling for an independent review of the detention in Truro of a native woman found unresponsive in a cell in 2009.

Victoria Paul suffered a stroke while in custody for public intoxication and died two weeks later in a Halifax hospital after being taken off life-support.

A probe by Halifax Regional Police concluded

that Truro police followed all policies and procedures and there were no violations of any statutes.

But the Nova Scotia Native Women's Association issued a statement yesterday calling for an independent review of the detention of the 44-year-old Paul.

Paul's family has alleged police waited five hours before calling paramedics

despite the fact she was unresponsive.

The association says it also wants a copy of the full review conducted by HRP instead of the executive summary it says it was given.

The group is also asking for a copy of the video of the Indian Brook woman while she was in the police lockup in Truro.

THE CANADIAN PRESS



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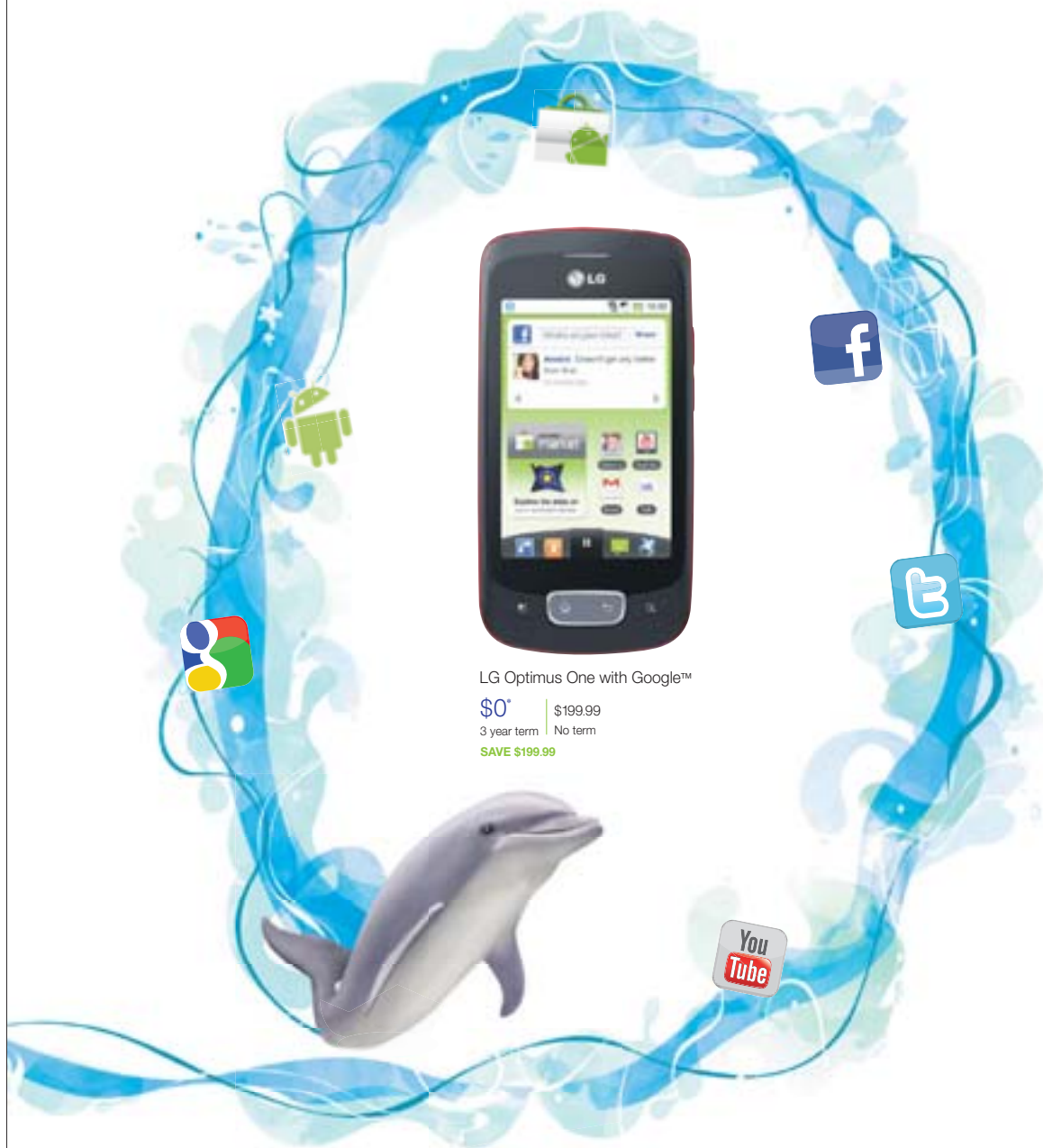
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# Police: All 10 shooting victims had gang ties

► Weekend gunplay spanned several blocks outside restaurant on Vancouver's upscale west side

Vancouver police say they suspected another eruption in Vancouver's gang war was coming, even before a weekend shooting at an invitation-only birthday party left 10 people wounded.

Eight people remained in hospital yesterday after the brazen shootout and police said all are considered by police to be victims, though police also said all have gang ties. No suspects are in custody and no charges have been laid.

Vancouver police Chief Jim Chu said Vancouver's obvious gang problem has been relatively quiet

**Gang shootout**

► The shootout prompted several calls to 911, including one from Vancouver Mayor Gregor Robertson, who lives within a few blocks of the crime scene in the usually quiet neighbourhood.

► All of the victims are between the ages of 20 and 36.

for most of 2010, compared with the many killings in 2009.

But a slaying in Octo-

ber appears to have led to the latest explosion of violence.

"We had a little bit of a lull but there is always tensions beneath the surface and the latest outbreak is connected to the targeted hit of Gurmit Singh Dhak," Chu said.

The 32-year-old Dhak was gunned down on Oct. 16 in the parking lot of a huge suburban shopping mall and police suspected his death would trigger a gang war.

The birthday party on Sunday took place at a restaurant on the city's upscale west side.

THE CANADIAN PRESS

WikiLeaks. Pique.



► A supporter of WikiLeaks founder Julian Assange participates at a demonstration outside the Swedish Embassy in central London, yesterday, ahead of the hearing where Assange plans to fight Sweden's request to extradite him to face sex crimes allegations.

## Assange fights sex crime extradition

### Holbrooke dead at 69

Richard Holbrooke, a brilliant and feisty U.S. diplomat who served as President Barack Obama's special envoy to Pakistan and Afghanistan, died yesterday. THE CANADIAN PRESS

### Space probe nears edge

NASA says the long-running Voyager 1 spacecraft hurtling toward the edge of the solar system has reached another milestone. THE ASSOCIATED PRESS

### Gay vets file lawsuit

Three military veterans who were discharged under the law that prohibits gays from serving openly in uniform sued the government yesterday to be reinstated. THE ASSOCIATED PRESS

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# Sea lice didn't kill salmon: Report

► Researchers haven't determined cause of pink salmon crash in 2002  
► But recent findings are opposite of what was originally suspected

Sea lice have been the prime suspect for killing millions of pink salmon in B.C.'s Broughton Archipelago, but a new study appears to acquit the parasite for the near demise of an entire salmon run.

The study, done by researchers in B.C., Alaska and California, doesn't determine the cause of the pink salmon crash in 2002, but it says it wasn't sea lice.

The findings are the exact opposite of what many other researchers have suspected, and the report was quickly denounced as outrageous and highly political by biologist Alexandra Morton, who's been studying sea life in the Broughton area for decades.

For this study, fish farms in the Broughton area, on B.C.'s mid-coast about 350 kilometres northwest of Vancouver, unlocked their vault of information for the first time and gave researchers their data.

Last week, the Cohen Commission — the inquiry studying the dramatic decline in the 2009 sockeye salmon run on the Fraser River — ordered the B.C. Salmon Farmers' Association to submit records on fish health and disease.

The 120 farms are to make the data available going back 10 years by Jan. 21. Morton found that interesting, saying the fish farms weren't turning over information to the royal commission that they'd already handed over to the researchers.

Lead researcher Gary Marty, a veterinary pathologist at the University of California Davis, said most of the sea lice found on juvenile pink salmon did come from nearby fish farms.

Marty said farm records show there were about two million more lice from the farms affecting the 2001 salmon run compared to the 2002 run, yet the 2001 pink salmon had record returns, while the

## Wrongly accused

If sea lice didn't cause the near-total loss of the salmon run, what did?

- Researchers will likely never know what happened to the run because scientists didn't analyse the fish at the time.
- Pink salmon were studied in 2007 and 2008, and of 1,070 fish, only two were impacted by sea lice and 30 per cent of the fish looked like they had some type of toxin exposure.
- The study will be published online this week in the Proceedings of the National Academy of Sciences.
- The federal government took over regulation of the B.C. fish farming industry with a promise of more regulation, transparency and oversight last Friday.

2002 run collapsed.

That information alone told researchers that something other than sea lice must have killed the 2002 salmon, said Marty.

"If you have nine million sea lice leading to record high populations, then it's not likely that seven million sea lice would have caused the population crash."

Sea lice are naturally occurring parasites that thrive in warm water temperatures and high salinity levels. They attach themselves to the salmon's skin, fins and gills and feed off their host.

Study co-author Sonja Saksida, a director at the B.C. Centre for Aquatic Health Sciences in Campbell River, B.C., said she's worked with fish farms in the area for 15 years and that allowed her to gain the owners' trust. Three companies operate 26 farms in the archipelago with an annual production of 17,000 metric tonnes, or three million fish, every year. **THE CANADIAN PRESS**

## Natural. Disaster



► Residents wait for boats in order to cross flooded roads in Canita, Panama, yesterday.

ARNULFO FRANCO/THE ASSOCIATED PRESS

## Residents flee floods in Panama

Heavy rains and flooding in Panama have killed 10 people and forced more than 4,700 from their homes, according to Panama's Civil Protection System.

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**JESSICA  
NAPIER**



I think we've all shed a few tears over a particularly terrible haircut at some point in our lives. If you've never broken down in front of the mirror over your hair, well, I guess you're just a little more emotionally stable than the rest of us.

I'm not proud of it, but I've hosted a number of pity parties for myself in the hours following a disastrous cut and blow. And, of course, the most horrendous hair mistakes always seem to happen days before an important and highly photographed event. So bad is my history with hair care that I've gotten to the point where I no longer trust any of these pow-

er-tripping, round-brush wield-ing stylists.

Every salon visit seems to go a little something like this:

Me: "Just a trim please, I still want to keep the length."

Hairstylist: "Got it. You want it much shorter and with lots of layers."

Me: "No, no layers, I hate layers. Just a trim please."

Hairstylist: "All right, so I'll be cutting off about five inches and giving you 'The Rachel' from Friends circa 1994."

Clearly, none of us mere mortals stands a chance against these perfectly coiffed professionals with their confus-

ing double-speak about feathering techniques and proper follicle maintenance.

And, so, I almost always leave the salon mourning the loss of my long locks and a hard-earned \$50, even more when I am guilted into purchasing an armful of pretentious shampoos and serums that I really don't need and certainly can't afford. One time I even walked away with a bloody ear after a scissor-happy stylist got a lit-

tle carried away.

I can't think of any other people that I pay to make me this miserable, except maybe my dentist.

**"I can't think of any other people that I pay to make me this miserable, except maybe my dentist."**

Just last week I found myself tearing up in front of the mirror while scrutinizing my latest chop; traumatized yet again by too-short-tresses and 1990s sitcom-star inspired layers. Yes, I know it's just hair and it'll grow back, but at the time it always seems so devastating.

I've had plenty of horrific hairdos (make that hair-don'ts) over the course of my 25 years. A perm, bangs, another perm ... but the most important thing I've learned is that you should never, ever get a haircut in a foreign country. Trust me when I tell you, North American women cannot pull off an edgy Euro-mullet.

Read more of Jessica Napier's columns at [metronews.ca/shesays](http://metronews.ca/shesays)

## Cartoon

MICHAEL DE ADDER



# Not your typical tourist spot

## Worth mentioning

Want a better understanding of the world's worst nuclear disaster? Come tour the Chornobyl nuclear power plant.

Beginning next year, Ukraine plans to open up the sealed zone around the Chornobyl reactor to visitors who wish to learn more about the tragedy that occurred nearly a quarter of a century ago, the Emergency Situations Ministry said yesterday.

Chornobyl's reactor No. 4 exploded April 26, 1986, spewing radiation over a large swath of northern Europe. Hundreds of thousands of people were resettled from areas contaminated with radiation fallout in Ukraine, Belarus

## Inside Chornobyl



and Russia. Related health problems still persist.

The so-called exclusion zone, a highly contaminated area within a 50-kilometre radius of the exploded reactor, was evacuated and sealed off in the aftermath of the explosion. All visits were prohibited.

A few firms now offer tours to the restricted

area, but the government says those tours are illegal and their safety is not guaranteed. Emergency Situations Ministry spokeswoman Yulia Yershova said experts are developing travel routes that will be both medically safe and informative for Ukrainians, as well as foreign visitors.

THE ASSOCIATED PRESS

**What's your favourite tourist destination? Why?**

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## Metro Minute with Bette MacDonald

Comedian Bette MacDonald is taking to the stage again tonight in Halifax for her popular show about the holiday season titled *Tis The Season 4*.

The show was performed Monday at the Rebecca Cohn Auditorium and is back tonight at 7:30.

The second show was added due to an overwhelming demand.





Regulars Maynard Morrison and Ralph Dillon join the Gemini award-winning comedian in the laugh-out-loud performance. Also taking the stage are Wayne Tomko, Mary Morrison, Martin MacKinnon and Father Gillis. Tickets are \$37 each, taxes included, and are available through the Dalhousie Arts Centre box office. ● METRO



► Comedian Bette MacDonald will take the stage tonight to perform *Tis The Season 4* at the Rebecca Cohn Auditorium.



## Market moment

Dollar	Natural gas 1,000 cu ft	OIL	TSX
			
+ 0.17¢ (99.24¢ US)	\$4.420 (+ 0.3¢) Gold contracts \$1,398.00 (+ \$13.10)	+ 82¢ US (\$88.61 US)	+ 56.39 (13,295.86)

## Netflix adds new Canadian content

A slate of Canadian programs including CBC's *The Tudors*, *Republic of Doyle* and *Kids in the Hall* are headed to Netflix Canada.

The video streaming website said yesterday it has signed various licensing agreements with major distributors for hundreds of new titles available to its subscribers.

Other content ranges from the U.S. cable series *The Big C*, starring Laura Linney, to Emmy-nominated reality show *Undercover Boss*

and seasons of *Saturday Night Live*.

Some of the shows are already available to watch.

"TV content continues to be extremely popular with our members, and we believe that they will be delighted with the expanding list of critically acclaimed and popular TV series available to watch instantly," said Kelly Merriam, vice-president of

content acquisition for Netflix.

Netflix made its Canadian debut in September with a streaming-only service.



THE CANADIAN PRESS

## Feds help fund Quebec pipeline

Prime Minister Stephen Harper says the federal government is picking up a big chunk of the funding for a new natural gas pipeline in Quebec.

Harper announced in Thetford Mines, Que., today that Ottawa will kick in up to \$18.1 million during the next two years.

The total cost of the project is expected to be \$24.7 million.

The remainder of the cost — about \$6.6 million — will come from Gaz Metro, Quebec's leading

natural gas distributor.

The pipeline will stretch between Vallee Jonction and Thetford Mines and is expected to provide an economic boost to the region south of Quebec City.

Harper says the economic growth should be felt for several generations in the area and will provide businesses and institutions with an affordable source of energy.

The project will be carried out by Montreal-based Gaz Metro.

THE CANADIAN PRESS



► Prime Minister Stephen Harper and Mayor Luc Berthold, left, at a metal structures plant yesterday in Thetford Mines, Que., where Harper announced construction of a gas pipeline in which the government will invest \$18.1 million.

# Bank of Canada chief warns of reckoning

- Mark Carney says cheap money is not a long-term growth strategy
- Governor says when the reckoning comes it will be swift and brutal

NATHAN DENETTE/THE CANADIAN PRESS



► Bank of Canada governor Mark Carney at the Economic Club of Canada lunch in Toronto yesterday.

Bank of Canada governor Mark Carney is issuing a broad warning to Canadians, firms and governments that the financial and economic crisis is far from over and they need to rein in their appetite for cheap money.

Returning to a theme he began speaking about last week, Carney told the Economic Club in Toronto that the global recovery is so weak that advanced nations may need to keep in interest rates super-low for a

long period, and the U.S. may have to resort to yet another round of printing money.

"(But) cheap money is not a long-term growth strategy," he warned.

"Experience suggests that prolonged periods of unusually low rates can cloud assessments of financial risks, induce a search for yield and delay balance sheet adjustments."

For Canadians, he noted with alarm that household credit has grown by seven

per cent since the recession's trough, compared to a 3.5 per cent decline in the U.S., perhaps an indication that Canadians believe the easy ride on debt payments will be permanent.

The Bank of Canada will set interest rates based on inflation, not on whether a large swath of Canadians have taken on too much debt, he added.

In fact, he suggested the bank may tighten even in a low-inflation environment

to discourage risky behaviour. THE CANADIAN PRESS

## 40

Over a dozen countries are now accumulating reserves at double-digit annual rates. Countries representing over 40 per cent of the U.S.-dollar trade weight are now managing their currencies, or subtly manipulating them.

## Curtains down for Symphony

A U.S. bankruptcy court judge has approved a request by the Honolulu Symphony to liquidate, bringing an end to America's oldest symphony west of the Rocky Mountains.

U.S. Bankruptcy Court Judge Robert Faris agreed yesterday to convert the Honolulu Symphony Society's bankruptcy case to Chapter 7, which calls for liquidation.

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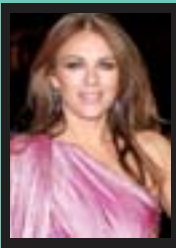
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## News in brief



British actress and model Elizabeth Hurley says she has separated from her husband, Arun Nayar, of three years.

Hurley's announcement on her Twitter account comes amid reports in British tabloids linking her romantically to Australian cricket star Shane Warne. Warne confirmed he has also split from his wife.

"Not a great day," Hurley, 45, tweeted Sunday. "For the record, my husband Arun & I separated a few months ago."

The couple married in 2007 at a castle outside of London. They followed up the private civil ceremony with a lavish and traditional Hindi wedding in Jodhpur, India.

THE ASSOCIATED PRESS

# Tron star about to go On the Road

► Best known for smaller roles in *Friday Night Lights* and *Four Brothers*, Garrett Hedlund takes centre stage in *Tron: Legacy*



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Garrett Hedlund's schedule is getting pretty full these days, with two films — *Tron: Legacy* and *Country Strong* — hitting theatres and another, *On the Road*, just completed. The ever-humble Minnesota native talked with Metro about heading up a franchise, motorcycle envy and crash diets.

**How does it feel stepping into the lead role here? Playing Jeff Bridges' son, you have an even bigger role than he does.**

With the films I've done prior, even before I'd gotten my first role, I'd kind of formulated in my mind that if I'm an actor, all I really want to be is a piece of the puzzle, but I never wanted to be the picture of the puzzle. I always concentrated on being in films with great actors that I could learn from.

**The studio obviously has a franchise in mind for *Tron*. Are you ready to be a part of something like this for a while?**

When I wanted to come out to L.A. to be an actor, all my other friends that were very serious about acting wanted to go to New York and wanted to be in theatre. I wanted to be in film. I didn't want to

do television. I just wanted to do film. I know that within this film, and in order to appease everything that's applied and necessary, you have to be willing and able to do everything that comes along with the package.

**Did you do your own motorcycle work for *Tron: Legacy*?**

Yes. I drove a motorcycle a little bit on the farm in Minnesota growing up, just dirt bikes and stuff. But actually handling this Ducati... I mean, you could get up to 80 miles an hour in first gear, so it was kind of a dangerous machine, especially to drive un-helmeted. In a big kind of Disney production, producers aren't happy about these things.

**This is a pretty big year for you, with *Tron: Legacy* and *Country Strong*. How did you manage everything?**

It's been a weird line of transitions, because for two years I was prepping for *On the Road*, so by the time I did *Tron*, I'd had to start a massive amount of training. I got with the trainer and then I had to lose 30 pounds to get back into the suit. It was just so chaotic. It's been such a multiple-personality-disordered year. I don't know if that makes sense.



► Actor Garrett Hedlund arrives at the premiere of the feature film *Tron: Legacy* in Los Angeles on Saturday.

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## DVD releases

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**Cyrus breaks rom-com clichés****Cyrus**  
(Fox Searchlight)

●●●●  
The most sincere moment in any movie you are likely to see this year comes in the twitch of an angry neck vein.

It's the involuntary reaction of John C. Reilly's put-upon character John, as he suddenly realizes diplomacy is getting him nowhere. His massive mitts are near the neck of his tormenter Cyrus (Jonah Hill), the 21-year-old son of John's new girlfriend Molly (Marisa Tomei).

Cyrus has mommy issues. He still lives at home — dad is long gone — and he's not happy about another man entering Molly's life. He understands that he's difficult to get close to ("I get overly excited sometimes") but he can't help himself.

Neither can John, who also operates on self-



destructive instincts. He recognizes a lot of Cyrus in himself.

This latest minimalist study in maximum emotions comes from talented brothers Mark and Jay Duplass. It finds truth in those moments between spoken words, when the flick of an eyelid, the pulse of a vein or the purse of the lips betray things that might otherwise not be stated.

This could be a horror or suspense movie, and in some ways, it is — the

soundtrack often takes on the rapid-pulse aspects of a thriller. Cyrus obviously has emotional and possibly mental issues, but they're not clearly defined. There's no telling what he's prepared to do to keep mommy to himself.

No necks were harmed in the making of Cyrus, but many tired relationship clichés were.

Extras include deleted scenes, a Q&A with the Duplass bros and a music mash-up with Reilly and Hill. ● PETER HOWELL

**Remake earns an 'A' for action****The A-Team**  
(20th Century Fox)

●●●●  
Acting like a cartoon is the whole point of The A-Team and also the main appeal of this adapted '80s TV actioner, which is actually

smarter than it needs to be. In this case, gratefully, "dumb" isn't a synonym for "idiotic."

Director Joe Carnahan remains true to A-Team lore: a quartet of ex-military aces, benevolent brutes, all band together to right wrongs and settle scores anywhere in the world, shedding only the blood permitted by the U.S. PG-13 rating.

Liam Neeson takes last year's Taken to its logical next level by marching into George

Peppard's role of Col. Hannibal Smith, a cigar-chomping square jaw with fatherly mien and boyish enthusiasm. Bradley Cooper, Sharlto Copley and Quinton "Rampage" Jackson complete these amusing 'B' versions of the original 'A's. I pity the fool who fails to share the popcorn. Extras, mostly on the Blu-ray, include director's commentary, a highlights mash-up and deleted and extended scenes. ● PETER HOWELL

**Ferrell's buddy cop comedy falls flat****The Other Guys**  
(Sony Pictures)

●●●  
The abiding philosophy of funnyman Will Ferrell and his directorial accomplice Adam McKay is that any joke worth cracking is worth pounding into the

pavement.

The Other Guys, a buddy-cop comedy pairing Ferrell with Mark Wahlberg, takes this nag-flailing fault to extremes. We get infinite variations of sexist and homophobic humour involving a dumb cop (Wahlberg) and a really dumb cop (Ferrell).

Michael Keaton's stiff-necked police captain and Steve Coogan's scheming Wall Streeter might also have worked better, had the script offered them anything more than sim-

ply mugging for the camera.

Eva Mendes manages to escape the satirical shackles in her role as Ferrell's long-suffering wife. She provides the inspired lunacy missing from most of the picture, especially in a scene where she deadpans sings Pimps Don't Cry to her depressed hubby.

Extras, mainly on the DVD, include deleted and extended scenes and numerous gag featurettes.

● PETER HOWELL

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# Jackson CD courts controversy

► Posthumous record from the King of Pop was made from work in progress at the time of his death ► Some support the venture, but Black Eyed Peas' will.i.am calls it 'disrespectful' ► Will album help or hurt his legacy?

Arriving in stores tomorrow, a year and a half after his death, is Michael Jackson's first posthumous album Michael.

A lineup of guests like Lenny Kravitz, Akon and 50 Cent, along with superstar producers such as Teddy Riley and Tricky Stewart, have all been tapped to contribute to the 10-song CD. But even with that healthy dose of star power, can a Michael Jackson album be good without the star of the show?

A work in progress at the time of the superstar's death, the project has not been without controversy.

Overseen by the Jackson



estate, Michael takes tracks that were in various stages of completion and puts them in the hands of Jackson's collaborators to finish. Black Eyed Peas frontman will.i.am feels that finishing the project without Jackson is "disrespectful."

A Michael Jackson al-

bum without his input could be a disaster for his legions of fans that are eagerly awaiting the CD, especially since the master was known for his attention to detail. But there are some who are optimistic.

"It's not like they found a bunch of old records and decided to put out an album to make money. These are songs he was involved with," explains Pup Dawg, the music director at JAMN 94.5, a popular radio station in Boston, Mass.

The real question will be, Does it live up to Jackson's other work?

Some within the indus-

try are still skeptical, but many fans are not likely to care as their curiosity will drive them to the store. To those fans, A troubled Michael Jackson album is better than none at all.

"The song with Lenny Kravitz is a Michael record. That just feels like a Michael Jackson record," says Geespin, assistant program director for New York's Power 105.1 radio station. "Truth is, I'd rather hear music from the biggest and best artists than not hear it. It's still Michael. It's still the biggest artist of all time. Would you rather not hear it?"

● METRO WORLD NEWS

## Friends lending a hand

Michael Jackson's new CD Michael features a slew of guest stars, including:

### Akon

Their duet, Hold My Hand, was the first single to debut. After will.i.am complained about the song's release, Akon told the press, "These records would have come out whether

he was alive or dead."

### 50 Cent

It's hard to imagine Jackson and 50 Cent hanging out, but apparently, they had a connection: According to 50 Cent rival The Game, Michael called him once in hopes of ending the feud by recording a three-way track.

### Lenny Kravitz

"I know he stood behind it," Kravitz has said of his duet, (I Can't Make It) Another Day.

● METRO WORLD NEWS

# Black Keys take blistering blues-rock to Nashville

It's been a tough year for Ohio. First The Buckeye State lost LeBron James.

Now The Black Keys have headed south, too, leaving Akron for the Music City, where singer-guitarist Dan Auerbach and drummer Patrick Carney recently bought homes.

The duo considered a short list of finalists before settling on Nashville.

"Honestly, if Miami had given Pat and I the amount of money they gave LeBron, we would be living in Miami right now," Auerbach joked.

Like Akron native James' eventual decision to leave the Cleveland Cavaliers, where Auerbach and Carney landed was a subject of media scrutiny over the summer with magazine writers and bloggers speculating over the possibilities.

Why the buzz? Nashville is best known as the heart of country music, but The Black Keys' ar-

**"That's new for us. We sort of used to get that ... indie record store clerk vote, you know what I mean?"**

DAN AUERBACH, ON THE GROUP'S UNIVERSAL ACCLAIM

rival gives the city quite the rock resumé these days that boosters are cheering over.

Nashville hosts Jack White's Third Man Records. Kings of Leon started its trek to arena-filling stardom here. And the Keys arrive just as the band is reaching a peak in popularity that has them front and centre in the music world.

Auerbach and Carney just received six Grammy nominations — tied for third most among all nominees behind Eminem (10) and Bruno Mars (seven). Their song Tighten Up is No. 1 on Billboard's Rock chart and they are the crit-



► Dan Auerbach of the band The Black Keys performs at the 2011 Bonnaroo Music and Arts Festival in Manchester, Tenn.

ics' darlings as the early year-end best lists are released.

The band's sixth album, Brothers, recorded in Muscle Shoals, Ala., was con-

sidered among the year's best. Rolling Stone placed it second on its 2010 list, Amazon ranked it third, Time seventh and NPR hailed it as well. Rolling Stone called Brothers "their best record yet: vivid tunes stripped bare and rubbed raw, with hot splashes of colour and hooks popping through like compound fractures."

Auerbach was familiar with Nashville after frequent childhood visits with his father, an antique dealer, and found it had everything he was looking for — a family atmosphere in which to raise his daughter, and music that served as the soundtrack for his childhood.

"Every time I'd go I'd see some guitar player that would blow my mind," Auerbach said.

Auerbach has almost completed a new studio he modeled after "the old classic rooms, the old

rooms that I love."

Like White's thriving operation, Auerbach's studio will be in downtown Nashville. It won't have the public component that Third Man Records has with its record store and concert space.

But like Third Man, Auerbach's studio will become a nucleus around which other acts will circle. Auerbach is a busy producer and he says he'll also lend the space to friends for their own projects.

"I think just moving there and building a studio is investing. It certainly feels that way, you know," Auerbach said.

"And I've got a lot of friends in the community. I know that I'm going to be doing a lot of business there, making a lot of music there." THE ASSOCIATED PRESS



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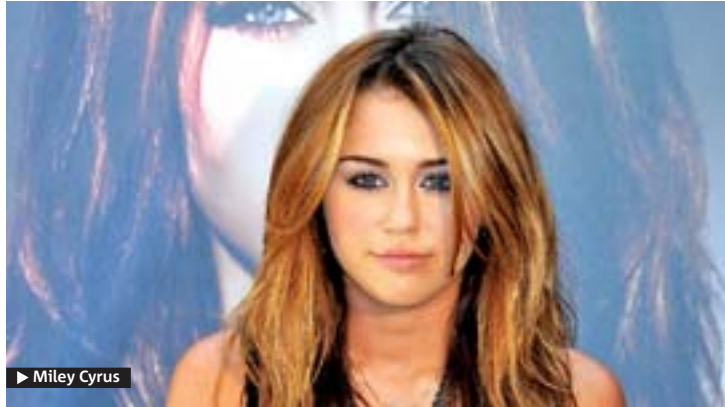
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# Miley's leaked video sparks salvia sales

► Video shot at L.A. house party allegedly shows Cyrus taking hits of psychedelic herb from a bong



► Miley Cyrus

While the recent leaked video of Miley Cyrus smoking the salvia, which is legal in California, may prove to have consequences for her career, it's doing wonders for sales of the psychedelic herb, according to TMZ.

Sales of salvia have tripled since the video's release late last week, according to the website, which polled several Los Angeles head shops. Costumers have been

asking for "the stuff Miley was smoking," one shop worker says.

"Salvia is one of those things that you only try once because it is so intense."

● METRO

## Bieber only has eyes for pancakes, Gomez insists

Selena Gomez is batting off rumors that a recent breakfast date with Justin Bieber in Philadelphia was anything serious.

"It was pancakes. Who doesn't like pancakes?" she tells MTV News.

"We were both performing in the same place so we went and had pancakes together. That's all it is. All innocent."

The two were photographed leaving the breakfast spot walking arm-in-arm.

● METRO



► Selena Gomez

## Did Handler ding Jolie at box office?

Angelina Jolie's new movie, *The Tourist*, opened to lower-than-expected box office receipts, and some industry sources suggest Chelsea Handler's recent anti-Jolie tirade may have something to do with it.

"It's not that Chelsea is the most powerful movie critic the world has ever known, it's that she reminded all of America what Angelina had done

all over again," an unnamed executive tells *Popeater*.

"Chelsea picked an ugly scab off a wound that Angelina had worked so hard to heal with her humanitarian work. What woman in America is going to pay money to see Angelina ruin one man's life on screen when we all saw her [ruin Jennifer Aniston's marriage] for free in real life?"

● METRO

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# 3 life

## Stress



Common signs of stress, says Katy Kamkar, a clinical psychologist in Toronto, include irritability, difficulty concentrating, becoming more anxious or negative, headaches, stomach problems, difficulty sleeping and feeling overwhelmed. If this holiday season is stressing you out, take a step back and re-assess. Seek support if you have feelings of depression and anxiety. And giving tasks your full attention (even last-minute ones) will help you enjoy them more.

CELIA MILNE

# Send holiday stress down the chimney

ISTOCK PHOTO

► Clinical psychologist identifies reasons why Christmas season can cause headaches ► Study shows holiday linked to heart attacks



CELIA MILNE  
WELLNESS@METRONEWS.CA

As the Christmas carol goes, "You'd better not cry." But if you feel like it, you wouldn't be alone.

Christmas and New Year's can be a stressful and even a sad time of year for some people. "The holidays are a time that can be very joyful, with celebrations, good food and time spent with family. But they can also be very stressful because of numerous demands placed on people," says Katy Kamkar, a clinical psychologist in Toronto.

Metro asked Kamkar, who is acting treatment head of the Work, Stress and Health Program at the Centre for Addiction and Mental Health, to explain why the holidays can be a downer for some people.

## Stress

Holidays a trigger for heart attacks?

► **Triggers** Along with blizzards, earthquakes, job strain, violence, sexual activity, smoking, using cocaine and air pollution, this time of year has been identified as one of the clinical triggers of myocardial infarction, according to an August 2010 paper by Utah researchers, published in Hospital Practice

### • Social stress

Some people find the social obligations overwhelming and exhausting. Tensions can build at family gatherings.

### • Negative connotations

If this is the time of year when a loved-one died or something upsetting happened, you may feel sad or lonely.

### • Financial pressure

The holidays are expensive. Knowing you're going deeper into debt makes you feel distressed.

### • Travel tensions

Delays and bad weather can cause anxiety and worry.

### • Perfectionism

Trying to make the perfect meal, get the perfect gift, and have the perfect home decor contributes to even more stress.

### • Bad health

If you already suffer from stress, depression or anxiety, the holiday season can often add to those feelings.

### • Anxiety

For some, going to crowded places like the mall can increase symptoms of stress.

### • Addiction

People who are trying to abstain from alcohol or other addictions may have a harder time during the holidays.

### • Overindulgence

People tend to neglect nutrition and exercise goals, which takes a physical toll.



► For some, Christmas is not always the most wonderful time of year.

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# Sweat like Sweden

► **Swedercise, a fitness routine designed to be fun and seriously tough at the same time**

**ROMINA MCGUINNESS**  
LIFE@METRONEWS.CA  
METRO WORLD NEWS IN LONDON

ALEXANDER RUAS

Pounding the treadmill or lifting weights might get you a perfect body, but in Sweden, some folks work out to Jympa, Swedercise to keep slim and smiley.

The 60-minute workout follows an exercise curve, originally developed to the beat of Swedish pop music.

Designed by experts in medicine and physiology and led by ridiculously enthusiastic instructors to ensure optimum results, the class has you jumping, stretching, punching and doing push-ups to the rhythm of Beyoncé, ABBA, Rhianna and Britney.

"The point is to make exercise accessible and fun," explains Johan Wissinger, Swedercise instructor at Friskis & Svet-tis.

He's why, two days after the class, I can still feel every muscle in my body reacting to the workout.

"It's not about gruelling calorie counting or mindless moves, but getting a fun, full body workout."

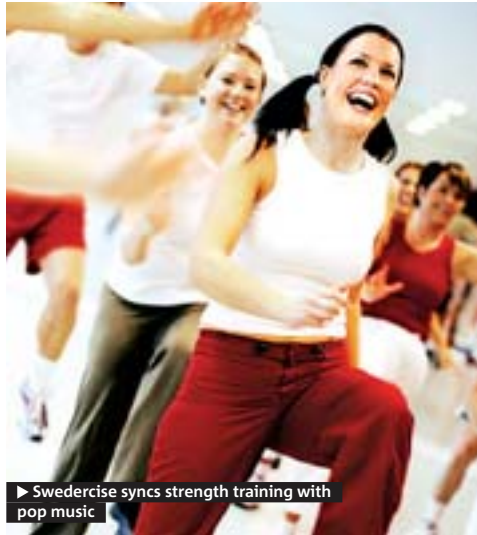
Calories may not matter to him, but — FYI — one hour can burn up to 600 calories.

## Swedercise step by step

**Warm up:** Nothing tiring here, just 10 minutes spent getting your body prepared for the workout. The warm up is designed to increase your heart's capacity and avoid injuries later on.

**The song:** Kings of Leon, Sex on Fire, 150 beats per minute (bpm).

**Flexibility:** The focus is on



► Swedercise syncs strength training with pop music

slow, big movements to stretch out and soften the muscles.

The pace of the music here is slow and relaxing to allow you to stretch the muscles out completely.

**The song:** Beyoncé, If I Were a Boy, 40 bpm.

**Strength:** The strength training part is 100 per cent dynamic.

You're working out your arms, stomach, back, bottom and legs.

**The song:** Jay Z/Rihanna/Kanye West, Run this Town, 80 bpm.

**Cardio:** The aim is to maximise your oxygen uptake by focusing on the heart and lungs and applying pressure on joints and muscles. Look for lunges, spins, jumping and skipping.

**The song:** Britney Spears, Womanizer, 140 bpm.

**Warm down:** The aim is to

lower your pulse and help your body rid itself of the lactic acid build-up caused by working out the muscles. The moves are large, calm and relaxing.

**The song:** Jason Mraz, Life is Beautiful, 100 bpm.

**Stretching:** Several exercises are carried out to give your muscles a static stretch (hands reaching out to the sky or head and neck rotations).

**The song:** Alexandra Burke, Hallelujah, 30 bpm.

**Relaxation:** This is the period of recovery where you can focus on your body and soul. Relaxing music will help you cool down and lower your body temperature.

This part is a key element to the stress relief aspect of the programme.

**The song:** More of Hallelujah. And hallelujah, I survived.

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Sweden is considered one of the world's healthiest nations, but you may be surprised by one food group they love. Harley Pasternak, a personal trainer to celebrities includ-

ing Lady Gaga, says Swedes swear by dairy because it's a great source of protein, vitamin C and D. Dairy is often considered a fattening option and yet "dairy also has high amounts of calcium, helping with fat metabolism." Choose milk and yogurt that is two per cent fat. The Swedish diet also consists of lots of heart-healthy fish, such as salmon and her-

ring.

They favour high-fibre, dark and dense breads and, instead of using two slices for a sandwich, they make open-faced versions using only one slice.

What makes their diet distinct?

"In Sweden they practice Lagom, which means 'just enough'" explains Pasternak.

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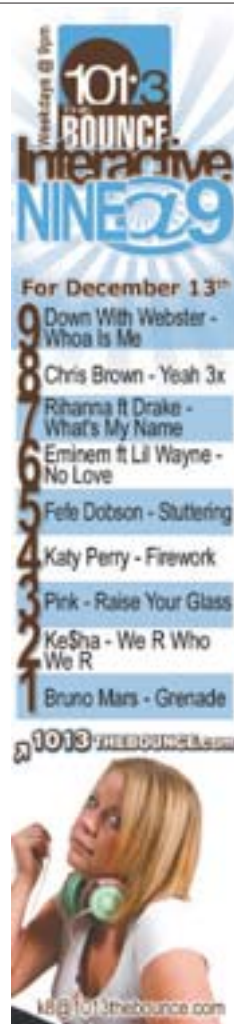


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## Wellness in brief

### Bike Mount for iPhone 4

Thanks to urban cycling company Biologic, we can now take our iPhones out for a ride. The Bike Mount for iPhone 4 makes an excellent cycle computer, allowing you to use mapping and cycling apps as you get from point A to B. The fully enclosed hard case makes sure your favourite gadget won't get damaged. Just make sure to watch where you're riding and don't get hit by a car while Facebooking. **ROMINA MCGUINNESS**



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## Thoughts on... Belief

**ADVICE** There is a big difference between choosing to give and choosing to make sacrifices.

Giving from a full heart feels good and satisfying. Sacrificing does not.

Don't confuse the two — they are in opposition.

One is about abundance and the other is about lack.

Sacrifice will eventually lead to resentment.

Giving from an abundant heart will lead to even more abundance in life.

In any situation ask yourself, Are you giving from your heart or are you sacrificing?

You can feel the difference. Choose to feel good.

**NATASHA DERN IS THE HOST OF THE BUDDHA LOUNGE RADIO SHOW & A REGULAR CONTRIBUTOR TO THE HUFFINGTON POST. AWAKENINGSCANADA.COM**

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## Accent ham with fine wine



PETER ROCKWELL  
LIQUIDASSETS@EASTLINK.CA

Odds are, if you're not inviting Tom Turkey to your holiday table, you'll be dining on ham.

Like the big bird, the typical Christmas version of ham (glazed, fruit accented and mildly salty) is wine friendly.

This isn't a meal to pop the cork (or unscrew the cap) of a big-boned Cabernet sauvignon or shiraz. If you're leaning to the red side, pick a fresh, fruity French Beaujolais or berry-forward pinot noir from France, Canada or California.

Robert Mondavi's 2008 Private Selection Pinot Noir (\$18.99 to \$19.99) hails from The Golden State and nicely bridges the Old and New World by swirling a touch of syrah and petite syrah into the blend. The mix gives the wine a little more oomph to go along with its deep, freshly crushed berry flavours.

On the white side, try a German made with riesling or (if you like the idea of a touch of peppery goodness) gewürztraminer or an unoaked chardonnay from just about anywhere. For an out of the box pairing reach for a dry rosé.

Next week, I'll show you wines to match with some alternative holiday mains.



Prices reflect the range across the country. Some products may not be available in all provinces.

# Kitchen creativity

► Poet and civil rights activist Maya Angelou applies her expressiveness to savoury dishes

For Maya Angelou, the holidays bring family and friends to the table to eat, to laugh and to one-up each other.

"This is a time when people get to 'show out,' as my grandmother used to say," says Angelou, a poet, memoirist and civil

rights icon.

"Moe is going to try to out-cook Joe. It becomes amusing and delightful."

Angelou, whose second cookbook, *Great Food, All Day Long* (Random House, 2010), features holiday-worthy dishes such as crown roast and prime rib, helped a generation understand why caged birds sing. But how about making perfect veal chops?

"I'm a cook, a serious cook," she says. "I plan meals not only for their nutritional value but for their beauty..."

Which makes Angelou's cooking much like her writing. The 82-year-old Pulitzer winner approaches the kitchen with the same respect for ingredients that she gives words.

"You have to examine and be familiar with every element," she says. "So you should know a red pepper, what it will do in a skillet with a tablespoon of olive oil, how it will

look. How if you give more heat what will happen to it." Despite a fractured



child-

hood shuttling between the families of her estranged parents, Angelou learned to cook much the way everyone wishes — at her grandmother's knee.

"She would say, 'Now sit down and watch me,'" Angelou says. "I loved her so much that I followed her around."

When Angelou lived with her mother as a teenager, she watched again, learning shortcuts like making shortcake

with store-bought cake mix, a luxury her grandmother in rural Arkansas didn't have.

"My grandmother didn't know anything about that," says Angelou. "I learned both ways."

Cooking can be a gateway to creativity, Angelou says, if you pay careful attention to the craft.

"I ask folks to read poetry, to read it aloud, so they can hear the music, the melody of it," she says. "I would encourage a person who wants to cook to buy cookbooks."

Angelou estimates her own cookbook collection at somewhere around 300 volumes.

And at this time of year, she says, cooking takes on a deeper meaning. "When a person cooks for me, I like to think of the cooking as a gift," she says. "I'm always really grateful to anyone who cooks for me. And I love to cook for others." **THE ASSOCIATED PRESS**



### Crown Roast of Pork

#### Preparation:

- 1 Start to finish: 4 hours (1 hour active). Heat oven to 190 C (375 F).
- 2 In a large skillet over low, heat butter.
- 3 Add apples and prunes and saute for 3 minutes. Remove skillet from heat and set prunes aside in a separate dish. Let cool.
- 4 Remove skillet from heat and set prunes aside in a separate dish. Let cool.

- 5 In a small bowl, mix together garlic, thyme, oregano, salt, pepper and olive oil to form a paste. Rub paste into meat.

- 6 Place meat in a shallow roasting pan and roast for 30 minutes.

- 7 Reduce oven temperature to 160 C (325 F) and roast for another 2 to 3 hours.

- 8 Remove roast from oven once internal temperature reads 63 C (145 F) on an instant thermometer. Place a prune on the end of each rib and return meat to oven for 20 minutes.

- 9 Remove meat from oven. To serve, transfer cooled apples into centre of the crown roast.

**THE ASSOCIATED PRESS**

#### Ingredients:

- 15 ml (1 tbsp) butter
- 3 apples, peeled, cored and cut into dice
- 8 pitted prunes
- 5 ml (1 tsp) granulated garlic
- 5 ml (1 tsp) dried thyme
- 5 ml (1 tsp) dried oregano
- 2 ml (1/2 tsp) salt
- 1 ml (1/4 tsp) black pepper
- 22 ml (1 1/2 tbsp) olive oil
- 3.5 kg (8 lbs) pork ribs (have butcher fashion into crown roast)



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†The Heart and Stroke Foundation's registered dietitians have reviewed this product to ensure it meets the specific nutrient criteria developed by the Health Check™ program based on the recommendations in Canada's Food Guide. A fee is paid by each participating company to help cover the cost of this voluntary, not-for-profit program. See [healthcheck.org](http://healthcheck.org)



# Heat up your winter with a spicy beef dish

► This Afghan rice and meat meal is ideal for a cold day

THE CANADIAN PRESS/HO



► Afghan spicy rice and beef.

## Ingredients:

- 500 g (1 lb) top sirloin, cubed
- 2 cloves garlic, minced
- 2 ml (1/2 tsp) each turmeric, cardamom, cumin, red pepper flakes and salt
- 1 ml (1/4 tsp) each cinnamon and nutmeg
- 60 ml (4 tbsp) oil, divided
- 500 ml (2 cups) julienned carrots
- 250 ml (1 cup) finely chopped onion
- 250 ml (1 cup) basmati rice
- 250 (1 cup) beef broth
- 250 ml (1 cup) water
- Garnishes: fresh cilantro sprigs, toasted pine nuts

## Preparation:

- 1 In a bowl, combine beef, garlic, turmeric, cardamom, cumin, red pepper flakes, salt, cinnamon, nutmeg and 30 ml (2 tbsp) of the oil. Stir until well combined and the beef is evenly coated. Let sit for 30 minutes at room temperature or covered in the refrigerator for up to 1 day.
- 2 In a large, deep skillet, heat 15 ml (1 tbsp) of the oil over medium-high heat. Brown beef on all sides; toss in carrots and cook for 1 minute. Transfer to a

plate.

- 3 Add remaining oil to skillet and saute onion until golden. Add rice, stirring until coated with oil and starting to crackle, about 1 minute. Pour in beef broth and water.
- 4 Bring to boil, reduce heat to low, cover and simmer until all the liquid has been absorbed. Stir in beef and carrot mixture.
- 5 Let the dish sit for 10 minutes before serving, sprinkled with cilantro and pine nuts, if using.

THE CANADIAN PRESS



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## 12 DAYS OF HOLIDAY FINANCIAL TIPS



### TIP #7: TRAVEL SMARTER

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For more holiday financial tips, go to [rbc.com/holidaytips](http://rbc.com/holidaytips)

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**Names:** Brett, 27  
Cindy, 35

**Current city:**  
Barrie, Ont.

**Together since:**  
2007

## Their story:

# CONNECT FOR LIFE

"When I (Cindy) turned 30, I decided it was time to challenge myself..."

I'd been teaching in the same school for seven years so I applied for an exchange in Australia.

The school year began with a staff meeting. One of my new teacher friends introduced me to everyone — including Brett.

"Cindy, this is Brett," she said. When I looked up, my heart started dancing.

When I left for Australia, my mom gave me just one rule: Don't fall in love with an Aussie! So I kind of avoided Brett. Then one day (nine months later!) he boasted that he was the best at Connect Four. I disagreed!

He invited me over for a Connect Four championship. That night, he beat me at four games. I lost the games, but won the boy! Sorry mom, I couldn't help it! Fast forward three years and we're splitting our time together between our two countries. We have 'we'll make it work' attitudes — and we will!"



► Brett and Cindy

## Smug Marrieds

**ANGELA PACIENZA & DEREK CHEZZI**  
2FORCOUPLES.COM  
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# WHEN PARENTS PLEAD FOR GRANDBABIES

**My husband and I are newly married and both just starting our careers. But we're being pressured by our parents to have kids. How do we (politely) tell them that's not in the cards right now?**

**Angela says...**

This is one of the worst of

fences a parent can make in my book. Having children is a personal choice. The decision is between you and your partner.

In my pre-baby years, I fantasized about telling the parental units that we couldn't have kids due to medical reasons, hoping

the guilt would keep them quiet. I never carried it out of course, but the thought did cross my mind during holiday meals when the not-so-subtle hints were being passed around along with the mashed turnips. If the badgering really bothers you, set boundaries. The only way to make them stop is to build up your



nerve and speak up. Tell them you realize they want to be grandparents, but to please respect your space and remind them that they'll be the first to know when and if you and your husband are expecting.

**Derek says...**

You should resign yourself to the fact that the occasional annoying comment from a family member is unavoidable. Best if you come to terms with the fact that they will never stop asking until you squeeze out that first

grandkid. Even then, it won't end until you have at least two. And who can blame them? They aren't getting any younger; chances are their own careers and responsibilities are winding down, and they're looking for a new distraction. The best revenge would be to have four or more children so the giddy grandparents exhaust their savings, spoiling them with clothes and toys. Dump the brood off every weekend to terrorize said grandparents, so you and hubby can have alone time. Then they'll really regret hounding you.

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# Kids and money

## Bringing up a millionaire

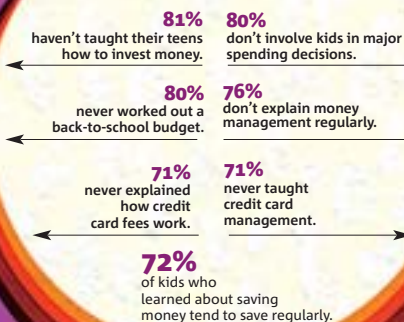
- ...Or, at least, a child that will not end up neck-deep in credit card debt
- It pays off to start teaching kids about money as early as in kindergarten.

DANIEL DENISIUK  
MIA KORAB

Currently, 93 per cent of parents with teenage kids in the developed world worry that their offspring will overspend, accumulate debt or simply fail to save up for emergencies.



### What parents don't teach their kids



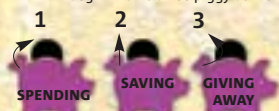
Parents should have started teaching their kids personal finance way earlier. The crux of money management: Part of it is knowledge, part of it is habit. The best time to establish good

habits in kids is during preschool. If we wait until high school, it will be harder to start a new habit, says Laura Levine, the executive director of JumpStart Coalition for Personal Financial Literacy.

Kids, teens and young adults know how to charge a purchase on a card. But do they know how to pay the bill?

### 4 years is old enough

Sharon Lechter of Pay Your Family First suggests to start teaching kids about finances at age four or five. Only then they will recognize the difference between a \$5 and \$20 bill. A good way to begin with is three piggy banks:



If they receive an allowance, it should be in denominations that encourage saving, easily split between three piggy banks. Introduce the subject of money, but at a very basic level – like saving for the future, being careful with money. They will retain it for the rest of their lives, says Levine.

### Wants and needs

Kids should realize the difference between things they need and things they want. If they want something twice more expensive because of the specific brand, let them pay for the difference in price. Or make them earn it – that is what Neale S. Godfrey of Children's Financial Network recommends.

SOURCES: MAKING THE CASE FOR FINANCIAL LITERACY—2010, WWW.JUMPSTART.ORG.; CAPITAL ONE'S ANNUAL SURVEY; CHARLES SCHWAB'S 2008 "PARENTS & MONEY" AND 2009 YOUNG ADULTS & MONEY SURVEY; SALLIE MAE'S 2008 SURVEY OF UNDERGRADUATE STUDENTS.

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## Protect yourself against fraud during the holidays

Do your debit and credit cards seem to spend more time out of your wallet than in it?

Be extra careful during the holidays, because fraudsters are watching.

When shopping, always protect your PIN and keep your card in sight to prevent "skimming"—when fraudsters swipe your card to record information from the magnetic strip.

Recognizing fraudulent behaviour is the best way to reduce the risk. To find out what to watch for, how to protect yourself and what to do when you detect fraud, visit moneytools.ca. NEWS CANADA

## Make your credit card work for you while you shop

Credit cards can be a convenient and safe way to pay for purchases and services.

But, they can encourage buy-now, pay-later spending habits that may lead to financial trouble.

Carrying a balance on a credit card increases the cost of everything you purchase with the card, due to the amount of interest you pay.

You could also build up debt that might take you years to pay off, or damage your credit rating. However, if you pay off your balance every month, you can save those interest charges.

Here are a few tips from the Financial Consumer Agency of Canada (FCAC) that can help you make the most of your credit card this season:

- Pay off your balance

every month so you won't pay any interest charges on your credit card purchases.

- If you do carry a balance, pay back as much as you can as quickly as possible. You don't have to wait until the payment due date.

The FCAC Credit Card Payment Calculator tool shows you how much you save when you pay more than the minimum monthly payment.

- Avoid using your credit card to withdraw cash or transfer money. Interest is charged on these transactions immediately.

- If you are considering a card with an annual fee, be sure that whatever reward or benefit you're getting is worth the cost. The recently updated FCAC Credit Card Selector Tool has details on ap-



► Be careful not to hurt your credit rating

proximately 250 credit cards available in Canada, including more than 70 that charge no annual fee, as well as premium and specialized cards.

- Stay within your budget when you use your card so you don't buy things you can't afford.

The Financial Consumer Agency of Canada's tip sheet, Be Smart with Your Credit Card, lists more ways to use your card wisely.

More information on financial products and services is available online at fcac.gc.ca. NEWS CANADA

## Donate wisely this festive season



The holidays are a traditional time of giving for many Canadians.

If you are planning to make a donation to charity, the Canada Revenue Agency (CRA) would like to remind you to donate wisely.

Here are a few simple tips to make sure that your money is well spent.

**Confirm that the organization is a Canadian registered charity.**

If you would like an offi-

cial donation receipt, remember that donations have to be made to Canadian registered charities or other qualified donees in order to claim a tax credit.

To confirm that an organization is a Canadian registered charity, go to the CRA Charities Listings at [www.cra.gc.ca/donors](http://www.cra.gc.ca/donors).

**Watch for signs of fraud.**

These could include inappropriate pressure to give immediately, promises of tax savings greater

than your donation, individuals who ask you to write a cheque payable to them rather than the charity.

**Learn more about donating wisely by:**

- going to [www.cra.gc.ca/donors](http://www.cra.gc.ca/donors);
- calling 1-800-267-2384; or
- watching the Giving to Registered Charities 101 videocasts on the CRA's YouTube channel.

NEWS CANADA



4  
sports

# Mooseheads in market for high-end talent

► Herd not satisfied with status quo ► Seeking veteran scoring punch for second half of season

Aaron Spears



**The Halifax Rainmen cut the six-foot-10 centre yesterday, leaving 12 players on their training camp roster. Eight have contracts and four are trying out, with 10 slated to make the final roster. The Rainmen host the Saint John Mill Rats on Thursday at 7 p.m.**



**MATTHEW WUEST**  
@METRONEWS.CA

The Halifax Mooseheads will be in the market for established talent during the QMJHL trade period.

Although the "buyer" tag is usually reserved for Memorial Cup contenders such as the Saint John Sea Dogs, Montreal Juniors and Quebec Remparts, the young Mooseheads will join the bidding for any high-end 19-year-old forwards who may be up for grabs.

"We're not just trying to tell our fans, 'Hold on, hold on, hold on,'" said Mooseheads general manager Cam Russell.

"We want to win. We're rebuilding our team, we didn't have any choice in the matter, but we're also trying to be competitive and trying to win."

Considering the team has lost 24 of 34 games and has just 16 goals in its past nine contests, acquiring a top-line point producer would go a long way toward getting the team to the playoffs for the first time since 2007-08.

Russell said he will pursue players who project to

**"We're not just looking at who's (known to be) available, we're inquiring about specific players, finding out what asking prices are and seeing how negotiations go."**

**CAM RUSSELL,**  
**MOOSEHEADS GENERAL MANAGER**

be back as over-agers in 2011-12 and has a wish list of trade targets.

"We're not just looking at who's (known to be) available, we're inquiring about specific players, finding out what asking prices are and seeing how negotiations go," Russell said.

If he gets what he wants, it might cost him an 18-year-old or two as well as one of the Mooseheads' eight picks in the first five rounds of the 2011 draft.

One thing Russell won't do is mortgage the future, as the Mooseheads did in 2007-08 when they landed Brad Marchand in a blockbuster deal that resulted in the current rebuild.

"We're not going to



► Halifax Mooseheads forward Charles Bety celebrates a goal against the Moncton Wildcats last Thursday. The Mooseheads are looking to add a veteran scorer during the trade period.

## Trade history

Key Mooseheads deadline pickups over the past four seasons.



make a trade that will hurt us for years to come," Russell said.

"But we've got a ton of young, promising players, and the missing piece is an established player to come in and be a top-end guy."

The QMJHL trade period runs from Dec. 19 until Jan. 6.



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RICK STEWART/GETTY IMAGES



▶ Brett Favre in 1992, near the beginning of his 297-game streak of consecutive starts.

# Favre's record streak of starts comes to an end

▶ QB can't overcome injury suffered last weekend

No more, Brett.

After 297 consecutive starts over 19 seasons, one of the greatest individual streaks in all of sports, Brett Favre ran into an injury he couldn't beat and sat down.

The 41-year-old Vikings quarterback who fought through broken bones, aches, pains and personal grief to play week after week couldn't make it for the Minnesota Vikings last night. Favre was sidelined by a throwing shoulder too damaged for even him to overcome.

Jeff Anderson, a Vikings spokesman, announced to

## 205

**Consecutive starts by Peyton Manning, the new longest active streak. The Colts QB would need another 5½ years to surpass Brett Favre.**

the public on Twitter that the 41-year-old Favre was out: "Vikings Inactives — 12, 19, 25, 31, 76, 90, 91 ... and 4. The streak ends..."

The Vikings hoped Favre, who has started despite injuries this season, could do it again when the

game against the New York Giants was delayed from Sunday after the Metrodome roof collapsed. That forced the game to be moved to Ford Field, but it was not enough time for Favre to get healthy enough to play.

Leslie Frazier, Minnesota's interim coach, said the plan was for Favre to go through a pre-game throwing routine to determine if he could play, but the three-time MVP wasn't on the field about 90 minutes before kickoff, and the Vikings announced moments later he was inactive. **THE ASSOCIATED PRESS**

NFL

## Jets coach suspended for season

This was one costly trip for Sal Alosi.

The New York Jets official, who tripped a Miami Dolphins player during a game, was suspended by the team last night without pay for the rest of the season, including the playoffs, and fined an additional \$25,000 US.

Alosi, the strength

and conditioning coach, began serving his suspension immediately.

"I accept responsibility for my actions and respect the team's decision," Alosi said in a statement.

General manager Mike Tannenbaum said Alosi will also not be allowed to interact with any players or coaches "as it pertains to his job function."

Alosi stuck out his left knee on the sideline as cornerback Nolan Carroll was covering a punt in the third quarter of Miami's 10-6 win Sunday. **THE ASSOCIATED PRESS**

## A's close to deal with 'Godzilla'

Free-agent slugger Hideki Matsui and the Oakland Athletics worked yesterday to finalize a contract that would make him the team's new designated hitter.

A person with knowledge of the deal confirmed that the sides were close. The person spoke on condition of anonymity because there was no formal announcement. **THE ASSOCIATED PRESS**

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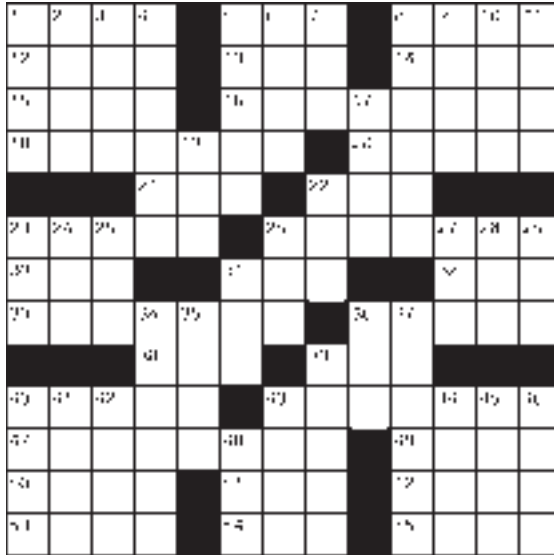
## Crossword

## Across

1 Unkempt one  
5 Method  
8 Arrived  
12 Protagonist  
13 Past  
14 "Oh, woe!"  
15 — the Terrible  
16 Matisse et al.  
18 Tall footed beer glass  
20 Overact  
21 Atmosphere  
22 Sch. group  
23 PDA communicate  
26 Speech sound  
30 High hit  
31 Cushion  
32 Flee  
33 At the center  
36 Bacteria  
38 Minstrel's song  
39 Chignon  
40 South American range  
43 City in a Dionne Warwick hit  
47 Type of hairstyle  
49 Aware of  
50 Spore cases  
51 Poolroom stick  
52 Picture on a lap-top  
53 "Phooey!"  
54 Type measures  
55 Information

## Down

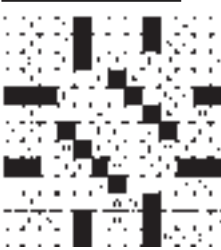
1 Ocean liner, e.g.  
2 Jeans-maker Strauss  
3 Exam format  
4 Dwarf tree  
5 Thin cracker



6 Culture medium  
7 Thee  
8 Alligator's cousin  
9 As well  
10 Actor Damon  
11 Brutus' being  
17 Presidential power  
19 Zero  
22 Third degree?  
23 Sprite  
24 Cattle call?  
25 Easy as —  
26 Remuneration  
27 Mess up  
28 Silent  
29 Halves of 54-

Across  
31 Thickness  
34 Joan Collins' "Dy-nasty" role  
35 Whip  
36 Pistol  
37 Command  
39 Uses the oven  
40 Distant  
41 Houston acronym  
42 Tubular channel  
43 Like lapsin the pool  
44 Formerly  
45 Pack cargo  
46 A really long time  
48 Expert

## Yesterday's answer



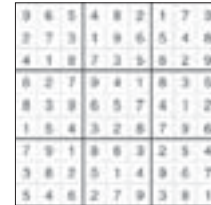
## Sudoku



## How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶



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Show some love! Send a note to somebody special at [kiss@metronews.ca](mailto:kiss@metronews.ca)

Cupcake, as soon as we can arrange our big day the better. I love you so much baby! I want you and our boys to have the best Xmas ever!

NELSO ALABACITO

Thank you very much for the great weekend, we had a good time. And thank you for the flowers too, love 'em Love you babe

YOUR COCONUT

To the love of my life Tony; Thank you for being there for me, loving me the way that you do. Your truly the best partner anyone could ever have. I love you with all my heart and soul

XOX BARBARA

HOLLA AT CALLER #9!! You are the smartest and most witty girl I have ever met. Would you be my prom date?

YOUR TRULY, THE AURA

## Today's horoscope

**♈ Aries** March 21-April 20 It will pay to be nice to people today, especially those who might be able to further your career interests. Don't let your temper get the better of you.

**♉ Taurus** April 21-May 21 Do you get the feeling that it's time to move on? Today's cosmic pattern will ignite your interest in faraway places. If you are brave enough to actually get up and go, it could be the best thing you ever did.

**♊ Gemini** May 22-June 21 You need to get your finances in order, and you need to do it quickly. If you don't make the necessary changes over the next two or three days, you will find that balancing the books is almost impossible.

**♋ Cancer** June 22-July 22 You will find it easier to reach your goals if you team up with people who share your aims and ambitions. You don't have to like one another, you just have to work together.

**♌ Leo** July 23-Aug. 23 Listen to your conscience and do as it tells you, even if it puts you at odds with loved ones and work colleagues. You know from experience that your inner voice is seldom wrong, so listen carefully then act.

**♍ Virgo** Aug. 24-Sept. 22 Cosmic activity in the most positive area of your chart means that if you want to do something or if there is someone you want to get close to, you must make your move soon.

For today's crossword answers and for expanded horoscopes, go to [metronews.ca](http://metronews.ca)

**♎ Libra** Sept. 23-Oct. 23 If there is something you can do for someone you love, do it and don't count the cost. When you do a good deed, you make it more likely that good deeds will come back to you.

**♏ Scorpio** Oct. 24-Nov. 22 Don't let your heart rule your head today. Facts and figures must come first, both in your personal life and at work. Someone's sob story may sound credible but the planets warn it is a big con.

**♐ Sagittarius** Nov. 23-Dec. 21 It will all come together today. Now you can see why certain things have occurred and why the powers that be have been guiding you in a new direction.

**♑ Capricorn** Dec. 22-Jan. 20 You'll soon have the kind of self-belief that moves mountains. However, as Mercury is moving retrograde you must be sure in that what you desire is what you really need.

**♒ Aquarius** Jan. 21-Feb. 18 Cosmic activity in the most sensitive area of your chart urges you to be kind to yourself. You may look tough but on an inner level you are struggling with doubt.

**♓ Pisces** Feb. 19-March 20 If you say what you think today, you will upset someone with whom it would be wiser to stay on good terms. Just because you know the truth does not mean you have to speak it.

● SALLY BROMPTON

## Caption contest



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Cayacoa • 4 ★

All-Inclusive • Standard rm.  
Feb. 17 • 1 wk.

**\$1279**

+Taxes & other fees: \$170

#### Punta Cana

Occidental  
Grand Punta Cana • 4 ★

All-Inclusive • Junior suite  
Feb. 26 • 1 wk.

**\$1199**

+Taxes & other fees: \$170

### CUBA

#### Varadero

Sirenis La Salina Varadero  
Beach Resort • 4 ★

All-Inclusive • Standard rm.  
Feb. 25, Mar. 4, 19 & 26 • 1 wk.

**\$1229**

+Taxes & other fees: \$155

#### Holguin

Sirenis Playa Turquesa • 4 ★

All-Inclusive • Superior rm.  
Mar. 19 - Apr. 16 • 1 wk.

**\$1299**

+Taxes & other fees: \$155

### MEXICO

#### Cancun/Riviera Maya

Grand Sirenis Riviera Maya  
Hotel & Spa • 5 ★

All-Inclusive • Junior suite  
Feb. 27 • 1 wk.

**\$1319**

+Taxes & other fees: \$246

#### Barceló Maya Beach • 4 ★

All-Inclusive • Superior rm.  
Feb. 27 • 1 wk.

**\$1329**

+Taxes & other fees: \$246

### JAMAICA

Sunset Jamaica Grande  
Resort & Spa • 4 ★

All-Inclusive  
Traditional standard rm.  
Feb. 7 & 28 • 1 wk.

**\$1429**

+Taxes & other fees: \$98

### USA

#### Orlando via Toronto or Montreal

Clarion Resort  
& Waterpark • 3 ★

Double guest rm.  
Jan. 18 & 19 • 1 wk.

**\$549**

+Taxes & other fees: \$125

#### New Orleans via Toronto

Marriott New Orleans  
Convention Center • 4 ★

Double or twin guest rm.  
Jan. 12 • 3 nts.

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**\$1829**

+Taxes & other fees: \$170



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